

■ **USS NASHVILLE, MARINES, SAILORS ASSIST AMERICAN CITIZENS DEPARTING LEBANON** — p. 3

■ **NAVY EXCHANGES NOW OFFER INNOVATIVE FUEL ALTERNATIVES** — p. 8

**SECNAV, CNO PRESENT FUTURE TO NAVY'S TOP MASTER CHIEFS**

■ p. 4



## Retired Activities Seminar promises to educate, entertain

COURTESY OF FLEET  
AND FAMILY SUPPORT CENTER

Sailors, Marines, soldiers, airmen and Coast Guardsmen arrive at NSA Mid-South every day to shop at the commissary and Navy Exchange, have prescriptions filled at the Navy Exchange Pharmacy, use the Joe Dugger Fitness Center and other recreation facilities, or maybe just to have lunch at the Helmsman Complex. Regardless of the reason for the visits, each

is a benefit earned by a career of faithful service.

On Saturday, retirees from all branches of the Armed Forces will have the opportunity to attend the annual Retired Activities Seminar, hosted by the Fleet and Family Support Center. This year's event will be held at the Helmsman Complex. All military retirees and their spouses, surviving spouses and active duty service members and their spouses are welcome to attend this informational event.

Beginning at 9 a.m., retirees

will be able to meet and talk with representatives from organizations that serve veterans and retirees and gather a good deal of invaluable information regarding their entitlements and benefits. These representatives will be available throughout the seminar, which is planned to conclude at 2 p.m. Representatives from the Defense Finance and Accounting Service, Department of Veterans' Affairs, Social Security Administration, Long Term Care Partners and the Armed Forces Retirement Home

will be on hand to provide individual assistance.

Organizations planning exhibits representing NSA Mid-South include the Retired Activities Office, Morale, Welfare and Recreation, Fleet and Family Support Center, Navy Inns, Navy College, Navy-Marine Corps Relief Society, Personnel Support Detachment, SATO, the burial detail and many others.

Other base participants include the Commissary, Navy Exchange, Branch Medical

Clinic and Naval Legal Services Branch Office.

Military-related community exhibitors will include the Air Force Association, American Legion, Disabled American Veterans, Military Officers' Association, Military Retirees of the Tri-State, 555th Parachute Infantry Association, Veterans' of Foreign Wars and Vietnam Veterans of America.

For more information about the seminar, please call the Fleet and Family Support Center at 874-5075.



## Pre-Deployment Fair

Rear Adm. Daniel Holloway (Navy Personnel Command's "head detailer") and MA3 (SW) James Stinyard and his wife Brandy were among the members of the NSA Mid-South community who attended a Family Readiness/Pre-Deployment Fair held at the Pat Thompson Center last Wednesday. (Photo by Art Frith)

## Carl Brashear, 'Man of Honor,' dies



Retired BMCM (DV) Carl Brashear and Cuba Gooding Jr. on the set of 20th Century Fox's *Men of Honor*. Brashear served as a technical advisor on the film, which was based on his life.

COURTESY OF NAVAL MEDICAL CENTER  
PORTSMOUTH PUBLIC AFFAIRS

Retired Navy diver Carl Brashear died July 25 at 2:35 p.m. at Naval Medical Center Portsmouth of respiratory and heart failure.

The retired master chief was 75, and became known throughout the world after actor Cuba Gooding Jr. portrayed Brashear in the movie, *Men of Honor*.

Brashear joined the Navy in

— See Brashear, 5 —

## SCOUTING TO MAKE A COMEBACK ON NSA

BY ART FRITH  
NSA MID-SOUTH PUBLIC AFFAIRS

After an absence of a few years, Scouting is ready to return to NSA Mid-South with the establishment of a Venturing Crew.

Venturing is the co-ed youth development program of the Boy Scouts of America for young men and women who are 14 (and have completed the eighth grade) through 20 years of age. The program provides positive experiences to help young people mature and to prepare them to become responsible and caring adults. Additionally, Venturing provides the skills needed for

young adults to make ethical choices, experience a fun program full of adventure and challenges, acquire leadership skills, and to take advantage of opportunities to advance their skills and knowledge in the areas of high adventure, sports, arts, hobbies, religious life, and Sea Scouting.

An important goal of Venturing is to help young adults be responsible and caring persons, both now and in the future. Venturing uses "ethical controversies" to help young adults develop the ability to make responsible choices that reflect their concern for what is a risk and how it will affect others involved. Because an ethical controversy is a problem-solving situation, leaders expect

young adults to employ empathy, invention, and selection when they think through their position and work toward a solution.

The return of Scouting to NSA Mid-South is the result of a partnership with the Civil Air Patrol (CAP). Capt. Dale Roberts, U.S. Air Force Auxiliary, is the assistant safety officer for the Tennessee Wing. The wing meets in Bldg. 1, located in the area between the Veterinary Clinic and Commissary. "Teaming up with the Scouts is a way for the local CAP wing to give something back to the NSA community," Roberts said. "With the Tennessee Wing becoming the chartered organization, the youth and adults involved in both programs will bene-

fit from the two programs. It's a win-win situation."

In addition to forming a Venture Crew, Roberts and the CAP are also looking to start up a Cub Scout pack and Boy Scout troop, but needs volunteer adult leadership to make it happen. The base community has many military and civilian members who have Scouting experience. It's that leadership that will be needed to help the Scouting program return to the NSA community. A unit organization meeting will be held from 10 a.m. to 1 p.m. Aug. 5 in Bldg. 1723 (located between the Veterinary Clinic and Commissary). For more information, contact Dale Roberts at 230-7961.

## CNO conducts all-hands call at Great Lakes

BY EVA KOWALSKI  
TRAINING SUPPORT CENTER GREAT LAKES  
PUBLIC AFFAIRS

Chief of naval operations Adm. Mike Mullen conducted an all-hands call for students at Training Support Center (TSC) Great Lakes on July 7. The main topic was "change," and during the event, some of the Navy's newest sailors got a glimpse into the future and had an opportunity to ask questions and learn about the Navy's current state of affairs.

"If you have something on your mind, today's the day," said Mullen, who introduced three main topics - gratitude toward service, the momentum and nature of change, and the function of leadership.

"There's a lot going on, and the focus of that is change; it's not just change, it's the pace of change - new mission, new skills, new requirements," he said to a crowd of more than 1,400 sailors, 30 Marines and a local Army unit.

"You're joining a Navy that's in great shape," he said, adding, "There are many opportunities today for young people coming in."

The majority of sailors stationed at TSC are recruit graduates, acquiring rating-specific apprentice skills at one of six learning sites located at Great Lakes, prior to reporting to the fleet for the first time. Students from the learning sites composed the bulk of attendees



Chief of naval operations Adm. Mike Mullen answers questions during lunch with sailors at Training Support Center (TSC) Great Lakes. The CNO spent the day at TSC, to get a first-hand look at training and to speak with the sailors. (Photo by MCC Johnny Bivera)

— See CNO, 5 —

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# COMMENTARY



COURTESY OF THE NAVAL SAFETY CENTER

Welcome to the latest edition of “Ooops!,” your weekly reminder that there’s many a slip betwixt the cup and the lip, and not only that, you probably just put on a clean shirt.

A DC3 had to back up a 5-ton truck to a vertical baler, which is a machine that mashes and bands various kinds of materials (for example, cardboard at a recycling plant). He knew there was a pole between his target and another baler, so he carefully pulled 20 feet past the entrance, cranked the steering wheel full left, and applied just a skosh of gas, and ... klang! A \$1,423.35 notification that the pole was still there, and that the truck was a few feet off course. He hadn’t used a spotter, needless to say, who could have easily hollered, “Whoa!” plus some constructive disparagement of the sailor’s technique. “Member was removed from any driving duties

with the exception of forklift,” the report said. That’s good — those things are darn near foolproof.

We recently reflected on tools that give the user a minimum of slack. Add to the list the propane torch. It is an excellent device for, say, taking cracked, peeling paint off 1930’s-era window frames. A WG-10 was in a machine shop, using a propane torch to heat a shim. He was intending to soften the adhesive that was holding it so he could remove it. I assume this would work, but I’m not sure, because he inserted his right hand into the flame first. We can now verify that the torch works well for removing hair and skin.

Y’know what’s exciting? Playing poker and getting a full house. The problem is, you have to keep a straight face so everyone else doesn’t fold. Sometimes it is hard, like a dog trying not to wag his tail when he sees his master get a leash or reach for the box of canine snacks. A CS3’s technique for staying calm at a poker game was to nonchalantly stand up and stretch his arms. Y’know what else is exciting? One of your poker buddies sticking his arm through a plate glass window. He tore some tendons and ended up missing two weeks of work and spending two weeks on light duty. For the record,

this is the opposite of a jackpot.

You’ve skipped stones at one time or another, haven’t you? You find a flat, roundish rock, bend over, and fling it across a pond, and then you count the skips. An E-1 got to find out just how the rock feels (if you’ll pardon the anthropomorphism) when he was in an inner tube, getting towed by a jet ski in a canal. In a sort of nautical crack-the-whip maneuver as he flashed by the sandbank where spectators had parked and were sitting, he fell off the tube, and skimmed splash-splish-splush across the water. He then abruptly came ashore and even more abruptly collided with a truck. Knocked himself colder than a mackerel for a few minutes. His buddies and an off-duty EMT tended him until some paramedics took over and ferried him to an emergency room. Not sure if anyone had counted the skips.

That’s all for this week, ship-mates. Until next time, here’s a personal message for the motorcyclist who came boiling out of the D&S piers on Hampton Boulevard last Sunday morning going about 90 mph and badly in need of both a muffler and some sense: Keep driving like that, and sooner or later you’re going to get somewhere you don’t want to be.

## CALENDAR OF EVENTS

**The Memphis and Shelby County Health Department’s Tennessee Early, Periodic Screening, Diagnosis and Treatment program** is sponsoring a health and information fair to help parents get their children ready for school on Sat., Aug 5 at the Davis YMCA located at 4727 Elvis Presley Blvd.

**A Retired Activities Seminar**, for all military Retirees from all branches of the U.S. Armed Forces, will be held on July 29th at the Helmsman Complex from 8:30 a.m. - 2 p.m. The event is hosted by the Fleet & Family Support Center. Call 874-5075 (or toll-free @ 1-866-225-8582) for more information.

**A Basic Hazardous Waste Facility Operator’s Course** is scheduled for 8 a.m. - 4:30 p.m. Aug. 7-9 Bldg. S-241, Room 231. Also, a Hazardous Waste Facility Operator’s Review Seminar will be held Aug. 10 from 8 a.m. - 4:40 p.m. in Bldg. S-241, Room 231. This training is required for those personnel who handle hazardous waste in a designated accumulation area at NSA Mid-South. Nominations to either class must be submitted by close of business on July 31. Contact Larry Jones @ 874-5317.

## WELCOME HOME!



NCI(AW) Domenick Pagnotte and NCI Kevin Snodgrass were two of the participants at a Navy Counselor Symposium held earlier this month at the Cook Convention Center in Memphis. The NCs were on hand to learn about the Welcome Home program, which is an on-line program about the mortgage industry for bilingual service men and women as they make the transition to civilian life. (Photo by Mariana Eberle-Blaylock)

## Chaplain’s Corner

### A HAPPY ROAD TO A HEALTHY MARRIAGE

BY CHAPLAIN ROB BEEDE

Have you ever gone on a trip without a road map? I know I have! It’s exciting, but there are always surprises. I end up having to stop and ask someone for directions- okay, I ask my wife to go and ask directions.

The same is true of marriage. Many people go through their marriage without a road map. It’s easy to get lost, and sometimes the surprises are painful and can take you on the wrong road to separation or divorce. There is a better way! Ask directions first!

We are beginning a new 12 session program called Military Marriage Mentoring. We have seven couples with years of marital experience who have volun-

teered to guide one or two couples each down the road of marriage. This program is designed to keep you on the happy road to a healthy marriage!

The way the program works is, you and your mate will meet with your mentor and the other couple at a time good for all of you- perhaps at lunch, at the chapel, at one of your homes. Each time you meet you will have a discussion or conversation. The discussion and the things you talk about will be held in confidence. This is a fun time where you all talk and share stories. I guarantee you’ll have a good time.

The Military Marriage

Mentoring program is Christian-based, with twelve guided conversations and questions which your mentor will use to help you grow and enjoy your marriage! Each session has a different topic. Some of the conversation topics include: thankfulness, healthy marriage habits, in-law relationships, having fun in your marriage, dealing with money, communication, problem solving, children, and closeness and intimacy.

There is no cost and space is limited. To sign up or for more information, please call the Chapel at 874-5341. Experience a happy road to a healthy marriage. Don’t go on your road of marriage without a road map!

## Nominations solicited for 2006 Blacks in Government Meritorious Service Award

PROVIDED BY THE NSA MID-SOUTH DIVERSITY COMMUNITY

The Navy Equal Opportunity Office is now taking nominations for the 2006 Blacks in Government (BIG) Meritorious Service Award. Nominations are due to the Equal Opportunity Office no later than July 31.

This award recognizes the contributions of one active or reserve sailor that has significantly contributed to the Global War on Terrorism through outstanding support to the mission of the organization and also demonstrated efforts to promote African Americans within the armed services.

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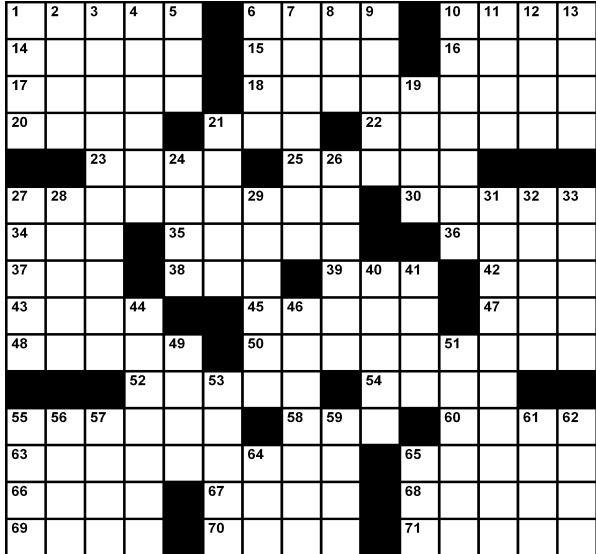
“Awards like BIG help to promote diversity and positive race relations in the Navy, thereby strengthening our organization. They recognize sailors that are helping others and building morale not only in the Navy but also in their community,” said Lt. Matt Hooker, liaison for the Navy Diversity Directorate.

The BIG officials will present the award at the 28th National Training Conference in New York City on Aug. 24. All packages should include a digital photo of the nominee in .JPG format, a single-spaced biography not exceeding two pages, and a typewritten citation summarizing the nominee’s accomplishments.

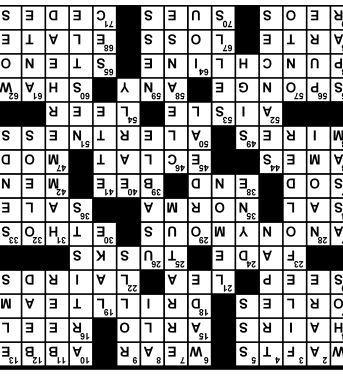
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## Crossword

- ACROSS
- Floats gently
  - Word with down or out
  - Calais cleric
  - They’re sometimes split
  - Woody’s off-spring
  - Casting requirement?
  - Heraldic borders
  - Precision marching group
  - Slowly permeate
  - Perrins’ partner
  - Scottish landowners
  - Lose star status
  - Wild-boar features
  - Kind of donor
  - Guiding beliefs of a group
  - Mule of song
  - Bellini opera
  - Word with for or white
  - Piece on earth?
  - Terminus
  - Aunt of Andy
  - Jilted woman’s comment of disgust?
  - Singing brothers
  - Brilliant success
  - Old TV “Squad”
  - Sticks in the mud
  - Sentry’s attribute
  - Seating request
  - Offensive expression
  - Loofah, e.g.
  - Word with one or way
  - “Pygmalion” playwright
  - It precedes a laugh
  - Shorthand pro
  - Johnson of “Laugh-In”
  - Deprivation
  - Make giddy with delight
  - Old Oldsmobile competitors
  - Files litigation
  - Surrenders, formally
  - DOWN
  - “\_\_\_ Sorry Now?”
  - River through Bern
  - Office supply item
  - Boring tool
  - Serpent’s sound
  - Use hip boots
  - Printing mistake
  - Clay, once
  - Silver Ghost, informally
  - Agent’s clientele, perhaps
  - Kind of belly
  - Strung item
  - Some street liners
  - Superior, for one
  - Bar twist
  - Unit of force
  - In functioning condition
  - State in northeast India
  - Country’s Judd
  - Harrowing experience
  - Threat at sea
  - Butter substitutes



### CROSSWORD PUZZLE ANSWERS



# USS Nashville, Marines, sailors assist American citizens departing lebanon

FROM COMMANDER, U.S. NAVAL FORCES CENTRAL COMMAND/COMMANDER U.S. 5TH FLEET PUBLIC AFFAIRS

A utility landing craft (LCU) operated by sailors assisting the 24th Marine Expeditionary Unit (Special Operations Capable) landed in Lebanon July 20 to begin transporting American citizens who elected to depart that country.

The LCU deployed from USS *Nashville* (LPD 13) is the first U.S. naval vessel to land in Lebanon in support of the voluntary departure of U.S. civilians. "USS Nashville moved into position just a couple of miles off the coast of Lebanon," said Lt. Cmdr. Thomas Ulmer, Amphibious Squadron 4 liaison. "It launched its LCU and put it into the beach just off the beach of the embassy. This is the first U.S. Navy ship to move people out of Lebanon."At the request of the U.S. ambassador to Lebanon and at the direction of the secretary of defense, U.S. Navy ships and Marine personnel are assisting with the secure and orderly departure of American citizens departing the country.

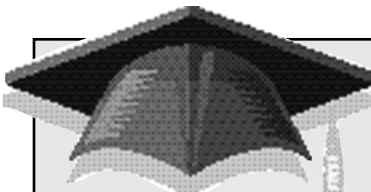
The Marines deployed from the *Nashville* as part of Task Force 59. American citizens boarded the LCUs and were transported to the *Nashville* in the eastern Mediterranean Sea. *Nashville* will then transport the Americans to Cyprus, where they can make further arrangements for follow-on transportation and accommodations.

The LCU can carry an estimated 300 personnel, and *Nashville* has the capability to accommodate between 1,000 and 1,200 passengers. Maritime assets are on station or en route to assist in the authorized departure. In addition to *Nashville*, USS *Gonzalez* (DDG 66) and USS *Barry* (DDG 52) are on station, escorting contract commercial carriers. USS *Iwo Jima* (LHD 7), USS *Whidbey Island* (LSD 41) and USS *Trenton* (LPD 14) are on station, to assist with the transport operations. "We run transports on a continuous basis," said Ulmer. "As soon as we reach capacity, we'll transport the American citizens to Cyprus. "In a 24-hour cycle, each ship should be able to do one complete run," he said. "Then they'll turn around and return to pick up more American citizens."

*Nashville*, an amphibious transport dock ship attached to the *Iwo Jima* Expeditionary Strike Group, departed the U.S. Navy's Fifth Fleet area of operation last week to assist CTF 59 with these voluntary departures.



Evacuated U.S. citizens journey to Akrotiri, Cyprus, from Beirut, Lebanon, in a U.S. Marine Corps CH-53E Super Stallion helicopter, assigned to the "Blue Knights" of HMM-365. At the request of the U.S. ambassador to Lebanon and at the direction of the secretary of defense, the U.S. Central Command and the 24th Marine Expeditionary Unit are assisting with the departure of U.S. citizens from Lebanon. (Photo by Gunnery Sgt. James H. Frank)



### Navy College Education Fair

The Navy College will host its annual Education Fair on Aug. 3 from 10:30 to 1:30 p.m. in Bldg. S-241. Representatives from on-base, local colleges, and Navy Partnership schools will be available to answer questions on the different educational program options available.

The Navy College staff will be available to help with the following voluntary education issues:

- \* SMART transcript;
- \* Tuition Assistance program;
- \* VA benefits;
- \* Graduate Education Voucher program;
- \* DANTES/CLEP Testing;
- \* Degree and rating road maps;
- \* Troops to Teachers;
- \* Servicemembers Opportunity Colleges;
- \* Navy College Program Distance Learning partnerships;
- \* Navy College Program for Afloat College Education.

The fair is open to all active duty service members, their family members, retirees, and Defense Department employees. For more information, call 872-5290.

# FFSC gives sailors outlet for stress, anger

BY MC3 S. C. IRWIN  
FLEET PUBLIC AFFAIRS CENTER, PACIFIC

Fleet and Family Support Centers (FFSCs) Navy-wide continue to hold anger management and stress management classes to help service members maintain or achieve a higher quality of life.

Service members can receive advice from licensed therapists on effective ways to work through stress and anger stemming from personal or work-related setbacks. "Commands know our programs and know we can help their sailors if they need it," said Naval Base San Diego FFSC chief of clinical services Dr. William Fenton. "Our

classes are for people to use as a steppingstone to solve their problems."

Day and evening classes are held multiple times each month. While classes are group events, each sailor is guaranteed anonymity. In addition, sea and shore commands can request for FSCC instructors to come aboard and conduct classes before and after deployments. "If somebody isn't working well at their command, most of the supervisors will know the signs because of our programs and the training we give them to identify those signs," said Fenton.

A hospitalman working at Naval Medical Center San Diego was referred by his supervisors to a recent anger management class held at Naval Base San Diego July 12.

His supervisor noticed a downgrade in his attitude and performance that he said was caused by pre-deployment stress. "I was really stressed to the point where I would take everything personally," he said. "If someone else was having a bad day, I would let it affect me." He said the tutorial helped him identify behavior that could possibly lead him to hurt others or himself. He added the anger management class prompted him to seek further counseling through an FFSC therapist. "This was the step I needed to take to see that I'm not dealing with my stress the way I should," he said.

For more information about the classes, please call the FFSC at 874-5075.



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Hands \$150 per session, 3 for \$400  
Spot \$50 per session

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Treatments starting at \$350



Treatments starting at \$500

Prices determined after consultation by our trained medical professionals

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Neck \$750	Abdomen \$2000
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Add aromatherapy, take-home CD, and candle \$125

Herbal or Algae Body Wrap with head and foot massage \$125 Add facial \$180

Sunless Tanning \$25 per session, 5 for \$100



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Swedish Massage 1 hour \$70  
Deep Tissue Massage 1 hour \$80  
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Warm Stone Massage \$100  
Addition of Aromatherapy \$10  
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Complimentary Steam/ Whirlpool Shower with any Spa service over \$60.

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Consultation \$100  
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Deep Cleansing Facial \$65 per session \$350 for 6

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Component 3: Product selection

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Component 2: Genesis treatment



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Chin \$500	Feet \$500
Chest \$800 to \$2400	Hands \$500
Eyebrows \$500	Spot \$25 per 1 sq. cm
Lower Legs \$1200	
Entire Leg \$2400	
Lip \$500	



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Add Hands \$250

Add Titan, face \$1250  
Add Titan, face and neck \$1620

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Face \$125 per session	Upper back \$150 per session
\$360 package of 3	Other body area each \$100 per session
Face and neck \$150 per session	Set of Paddles \$50
\$435 package of 3	

\*Services eligible for insurance coverage.

## SECNAV, CNO present future to Navy's top master chiefs

By MC1 (SCW) L.A. SHIVELY  
MCPON PUBLIC AFFAIRS

Navy Secretary Donald C. Winter, chief of naval operations Adm. Mike Mullen and several other top Navy leaders presented their vision for the future of the Navy during the 2006 Senior Enlisted Leadership Forum here July 11.

Topics spanning the Navy's role in the global war on terrorism (GWOT), diversity, manning initiatives and quality-of-life issues led the agenda. In his speech, Winter stressed that although the unique competencies of the Navy have already made a lasting impact domestically with hurricane recovery, and internationally through supporting reconstruction efforts in the GWOT, he said retooling resources to focus on undertakings such as a brown-water fleet is the beginning of a transformation having implications for the entire Navy family. "We are going from a force that has been focused on winning the fight in blue water to a force that is fully capable and engaged in blue, green or brown water," Winter said.

In January the Navy Expeditionary Combat Command (NECC) was officially commissioned and tasked with creating a riverine force ready for deployment to Iraq next year. The NECC combines naval construction (Seabees), logistics, ordnance disposal, diving, salvage and maritime protection. "This is our number one priority right now - to effectively prosecute the war on terror," Winter said, elaborating that many of the activities are in line with the classic goals and missions of the U.S. Navy such as maritime security, medical,



**Chief of naval operations (CNO) Adm. Mike Mullen speaks to the Navy's top master chiefs regarding a variety of issues impacting the Navy at the 2006 Senior Enlisted Leadership Forum. The Senior Enlisted Leadership Panel, made up of the Navy's fleet, force and CNO-directed command master chiefs, meets twice each year to discuss issues impacting the fleet today and in the future. (Photo by MC1 Brandon W. Schulze)**

logistical and tactical air support throughout the area of operations in the Gulf. Winter said preparing for deployment beyond war-fighting capabilities is also imperative. Sailors need to know how to act and communicate in cultural environments in which they are working to ensure they complete their mission in an effective manner. "We are going to be involved in a very direct sense with many other nations and with many other cultures around the world," Winter said. "In the same sense that we have sailors who are comfortable with working with various technologies, we are going to have to

have sailors that really understand what it means to be working in a multi-cultural environment." Winter encouraged the panel to facilitate good communication between themselves and their sailors. He wanted senior enlisted to help sailors increase their efforts toward better emergency preparedness and expressed concern over predatory lenders putting sailors at risk. Other items discussed included increasing awareness of voting rights among the junior enlisted and curbing safety inci-

See Forum, 5

## New fleet master chief takes CFFC helm

By MC2 (SW/AW) ELIZABETH ENOCKSON  
PUBLIC AFFAIRS CENTER ATLANTIC

CNOCM (SW/AW) Jackie DiRosa assumed the position of fleet master chief for the U.S. Fleet Forces Command on July 17, making her the first female to hold the office of a fleet-level master chief.

"I hope that I can be a role model that inspires young female sailors to say, 'You know what? The Navy does have great opportunities, no matter what my background is, no matter what my gender is, my race; it doesn't matter,'" said DiRosa, who joined the Navy in 1980 as a hospital corpsman. This is the second time in her career that DiRosa has set a precedent, having also served as the first female force master chief for the Bureau of Medicine and Surgery. "The opportunities are here; it was just a matter of time before someone broke through the ceiling," said DiRosa. "Since 1991 to '93, when we (Navy) started opening up combatant positions to women, huge changes have been happening to our Navy. If we don't take advantage of that, we only have ourselves to blame. I hope to be that role model of inspiration for really all sailors, not just our female sailors."

Those she has worked with insist DiRosa earned the job through ability rather than to promote gender equality. "I think it's about time," said FLTCM (AW/SW) Jon R. Thompson. "The female population represents more than 20 percent of our total forces, and it's about time we shared the wealth." Thompson also said that his relief, DiRosa, was ready for the job and the only advice he could pass on to her was to stay the course and enjoy it. "Fleet Master Chief DiRosa is fully qualified. My boss, Adm. (Jonathan B.) Nathman, wouldn't have given any candidate the job if they didn't have the skill set, qualifications, maturity and wisdom to come into this position. A lot of the people that Fleet Master Chief DiRosa is going to work with she's been working with over the last four years. They know her professionalism, they know her tenacity; it (gender) is not going to be an issue."



**CNOCM (SW/AW) Jackie DiRosa**

Over the next two years of her tenure, DiRosa already has some ideas on how she is going to take on the responsibility of her new role. "I have lots of plans in mind. The first and foremost is to be out and about and have a lot of all hands calls," she said. "I want to see all of the great things our sailors are doing in all the different areas of the Navy." While she works to grow into her new position, DiRosa hopes that sailors will take her example to heart and work hard to accomplish their own goals.

"The Navy offers us great opportunities, and it's those who want to take advantage of those opportunities that reap the great rewards," she said. "I want to encourage everyone out there to seek out those opportunities even though they may be a little scary. I look forward to getting out and meeting people in the fleet."

## LEGAL LESSONS

By David Britton Peel  
Attorney at Law  
www.coleandpeel.com



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In British and American law, as well as other legislative systems based thereon, "libel and slander" are two forms of defamation of character. "Defamation" is the tort of "...publication of a false statement of fact, made with the requisite state of mind, that causes injury."

"Defamation" is the general term used where it is not necessary to distinguish between "libel" and "slander".

"Libel" is defamation that is published, but can also happen in other forms, such as effigy, a motion picture, or a statue.

"Slander" refers to any verbal, unpublished, defamation.

To keep them straight, remember that Libel is usually written, as in a letter, and begins with L as does "Letter." Slander is usually spoken, and begins with S as does "Spoken."

It is not enough to be insulted. To make out this claim, you must usually allege some damage. One set of exceptions is known as "defamation per se." In states that recognize defamation per se, people making a defamation claim for certain statements do not need to prove that the statement was defamatory. They only must prove it was made. All states except Arizona, Arkansas, Mississippi, Missouri, Oregon, and Tennessee recognize some categories of statements are considered to be defamatory per se, traditionally:

-Allegations or imputations "injurious to another in their trade, business, or profession"

-Allegations or imputations "of loathsome disease" (historically leprosy and sexually-transmitted disease, now also including mental illness)

-Allegations or imputations of "unchastity" (usually only in unmarried people and sometimes only in women)

-Allegations or imputations of criminal activity (sometimes only crimes of moral turpitude)

On the Umbrella coverage, you will have to also increase your underlying coverages to a set amount. Still, considering what you could receive or be protected from, you may wish to talk to your agent about it.

If you the umbrella is not for you, at least increase your Uninsured/under insured/unknown motorists (UM) coverage to the maximum you can afford.

*David Britton Peel is a Millington attorney who primarily handles serious injury, death and disability cases, along with closings and wills. If you would like to contact Mr. Peel, you may do so at 901-872-4229 or at dpeel@bigriver.net. Mr. Peel is also available to speak to your church or club.*

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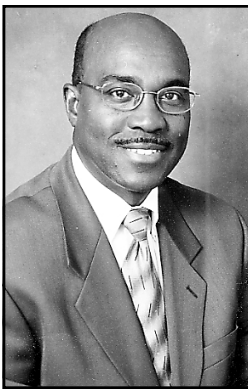
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# 5-Day Club

William Benjamin and Donald Shelton lead 5-Day Bible Club participants in a song last week at the Youth Center. The program for children ages 5-12 will continue in the fall, with the weekly Kid's Bible Club beginning Sept. 8 at the Youth Center. For more information, call the Chapel at 874-5341.

## Brashear

CONTINUED FROM 1

1948 at the age of 17. He was a pioneer in the Navy as the first black deep sea diver, the first black master diver and the first person in naval history to be restored to full active duty as an amputee, the result of a leg injury he sustained during a salvage operation. He was the first amputee to be advanced to the rank of master chief petty officer. Brashear became the only amputee deep-sea diver to reach the status of master diver, and he was the only black man to ever become Master Diver of the U.S. Navy, a position he held from 1975 to 1977.

"Carl Brashear was a man of integrity. He was well-loved and admired by the hospital staff," said Naval Medical Center Portsmouth commander Rear Adm. Thomas Cullison. "It was an honor to provide the care for the American hero. Our thoughts and prayers are with his family members."

## Forum

CONTINUED FROM 4

dents.

Continuing with the briefs from the Navy's top leadership, Mullen emphasized his top three priorities for the force: sustain combat readiness, build a fleet for the future and develop 21st century leaders, while he pressed his chiefs to implement these goals through effective, two-way communication and finding the ideal in each sailor. "Every sailor has the potential to be a leader," Mullen said.

He also underscored the need for a more diverse force to include women and minorities and out-

lined his three-phase operation for reaching this goal. He said phase one, data collection, was complete. Phase two, crunching numbers, was in process. Phase three, execution, was planned for the fall. "We need to address the small number of minorities in technical ratings, mentor minority officers and implement career-long diversity training," Mullen said. He also placed a huge emphasis on families as the critical factor in the equation for retaining quality sailors. He said he looked toward organizations such as Fleet and Family Support Center for creating a comprehensive strategy and an impact in personal dignity and respect as part of culture of the Navy.

"The chief's mess is where the rubber meets the road," said Mullen. He concluded by expressing his confidence and support of the Navy's top enlisted

leaders to move forward and get the message out as he concluded his session with the panel.

"We can communicate, talk, discuss, we can argue about issues that are real and impact every one of us," agreed CNOCM (SW/AW) Kelly Schneider of the U.S. Naval Forces Central Command. "From our level and our experiences we may be able to come up with ideas, results, and concepts that help mitigate issues our sailors are dealing with. At the end of this we all go back with the same message, aligning them and every single sailor is benefited."

The forum is held twice annually to stimulate information exchange and communication between fleet, force and CNO-directed command master chiefs and the Master Chief Petty Officer of the Navy.

## CNO

CONTINUED FROM 1

at the all-hands call.

"It was great to get a feel for the direction we're heading in right now," said Seaman Apprentice Dustin Hoftman, who is studying to be a fire controlman.

Mullen gave an overview of ongoing and recent naval operations in support of the Global War on Terrorism and humanitarian relief, illustrating the impact the Navy is having around the globe, from the detainee mission in Guantanamo Bay to the relief effort in Kashmir, Pakistan, following the earthquake there in October.

With joint operations becoming the way of the future, Mullen explained that sailors would be expected to expand their skill set.

"Having multiple skills for every sailor is going to be critical," he said. For example, the new littoral combat ship only requires a crew of approximately 75 sailors. The manning requirements will call for fewer sailors who are multi-skilled to handle the mission of smaller ships. Mullen said the number of sailors anticipated by the end of 2007 is 340,000, down from a present force of more than 350,000.

The CNO also stressed the importance of diversity and leadership in today's force.

"I expect everybody to be a leader," he said, acknowledging that leading change is tough, yet essential. He also said that diversity is important, and that the service composition should reflect the country that it is representing and leading into the 21st century.

During the all-hands gathering, sailors inquired about overseas missions, changes to technology, ratings and the promotion system.

At present, more than 4,000 sailors are serving in Iraq and Afghanistan as part of the joint service Individual Augmentee (IA) mission. As an IA, sailors

help support ground operations after receiving training, often from the Army. Mullen reminded them that the war on terrorism is a "national fight," and sailors provide unique skills to a joint effort to fight the war.

In response to a question about the Navy's missile defense capabilities, Mullen talked about the most recent missile defense test conducted from the Aegis cruiser USS *Shiloh* (CG 67) June 22 off the island of Kauai, Hawaii, during a joint

Missile Defense Agency test. The standard missile 3 that was launched via a new configuration successfully hit the separating target, becoming the seventh successful intercept test out of eight conducted. The technology is designed to intercept short-to-medium-range ballistic missile threats in the midcourse phase of flight.

"We can't do this without you," he commented, underlining that the Navy's high-tech equipment does not

operate itself, and without a committed force dedicated to the mission, the Navy would not operate effectively.

"There are a lot of opportunities for competitive people in the United States Navy," he said, adding that changes

to the promotion system are in the works, with items such as performance-based pay under consideration.

"We're working our way through a series of issues tied to future advancement. We want to reward our best

performers," he said.

Seaman Tim Clancy, who attended the all-hands call, said, "The CNO gave us a very down-to-earth perspective on today's issues. I felt like I was a real part of the Navy today."

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All finishers will receive a prize! Only two dollars to enter  
Call (901) 874-5497 for more information.

Here's how to participate:

1. Contest runs from July 31<sup>st</sup> to August 14<sup>th</sup>.
  2. Register at the front desk and receive your tracking sheet.
  3. Complete your miles by walking/jogging/running indoors or outdoors.
  4. Each day have a staff person sign off and verify what you've completed.
  5. Finish 26 miles in two weeks and you win!!
- Turn in your completed card to a staff member to receive your reward!



### & Aquatics Program

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The Swimming Pool is an all-hands Olympic size pool  
with a diving well, two one-meter diving boards  
and separate covered children's pool.

Qualified lifeguards are always on duty during operating hours.

General recreational swimming:  
Tuesday - Friday 1:30 - 8 p.m.  
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Pool closed Mondays

**Just because the kids  
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**Don't forget  
We still have one last session of  
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Registration for Session 3  
July 28 to August 1.  
Classes are Tuesdays and Thursdays  
4:30 - 7 pm, August 1 to August 25.  
Our classes are 30 to 45 minutes in duration  
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Classes are 45 minutes in duration  
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## Dive-In Movie Friday, August 11

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Lounge around  
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movie under the stars.  
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the coolest place on base.

Cost \$2 per person  
Open to all ages  
All pool rules will be enforced  
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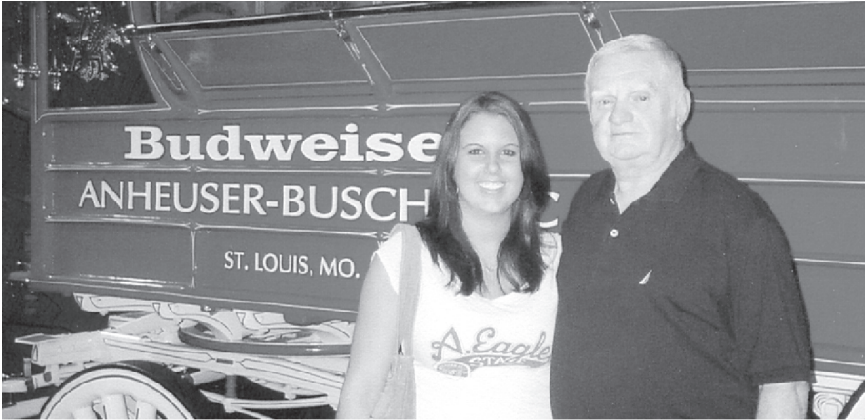
## ITT takes local fans to Cardinals Game

The MWR Bus departed NSA Mid-South for a weekend in St. Louis to see the St. Louis Cardinals play the LA Dodgers on Friday evening, July 14 at the new Busch Stadium. Fans were not disappointed with the performance Cardinals shut out the Dodgers 5-0.

Along with the convenience of purchasing big league tickets at ITT, those on this particular trip responded enthusiastically to the ITT offer which provided them a chance to see the Cardinals play in their new home stadium. After a smooth trip on the road the group had plenty of time to check in their luxury accommodations at the Sheraton Hotel and refresh themselves before heading to the Stadium. Which was just a 4 blocks from the hotel.

Upon check out on Saturday 15 July the group toured The Anheuser Busch Brewery and wrapped up their visit to St. Louis by enjoying a cool beverage in the hospitality room before the trip home.

"This has been the second weekend game we've been able to book in St. Louis to see the Braves



Mr. Tom Busch and his granddaughter, Courtney, (pictured touring the Anheuser Busch Brewery) enjoyed traveling with ITT for their 2nd year to see the Cardinals play.

play." Said Bonnie McDaniel, ITT Manager. "ITT has had a number of requests over the years to see the Cardinals and Braves play, but the games have always been mid-week." Continued, McDaniel.

This year our travelers openly expressed comments similar to those we have received from past trip/tour feedback sheets such as, "This trip had everything I could have asked for; super hotel location, superb lodging, plenty of baseball, and a well-coordinated itinerary-

Great Job ITT!" Other happy travelers feel these bus trips are a great way to get out of the city with no driving hassles and relax on the bus, watch movies, and meet others who have similar interests. ITCS Rob Tomlinson and his son traveled with ITT to the game last year and brought the rest of the family along for this year's trip.

For a full list of trips and tours offered by your ITT office, call 874-5455/5652 or stop by the office located in the Helmsman Club.

## Competitors dust off recipes for September BBQ Contest

It's the middle of the summer and a great time to dust off your favorite BBQ recipes and prepare to present your best at the MWR Annual Base Championship Barbecue Cooking Contest in September. This contest is run in conjunction with this year's Memphis-In-May (MIM) Sanctioned Smokin' by the Lake BBQ Cooking Contest Sept. 22 and 23 at Navy Lake.

This portion of the BBQ Contest will be totally separate from the MIM

sanctioned event. Deadline for entries is September 19, 2006. Why participate? Out of pride for your culinary talents and the impressive trophies that will be awarded.

Judging: All judging will be 100% blind judging. No judge will be allowed to know who cooked/prepared any product. No team will be allowed to know who judged their product. All product will be judged on appearance, texture, aroma and taste. Judging will begin

at 1 p.m. on Friday, September 22.

Presentation: The contestant can choose whether to garnish or not garnish their samples of entries, and may make the presentation to the judges with or without sauce. (Note: Sauce will be judged separately from the other two categories.) Only Charcoal or Wood Cookers allowed. NO GAS or ELECTRICITY!

For more information call Jim Morgan (901) 508-1924 or Billie Jean Naccarato (901) 508-1982.

## Youth Center “Gentle” Reminder Classes start first week in August!

**It is now time to review your plans and/or to register  
your child for Before and After School Care**

School begins for Shelby County students on Monday, 7 August.  
Tipton County students return to school for a half day on 2 August  
and then full days on 7 August.

Memphis City and area private school students  
are reminded to check your calendar to make certain  
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Alternate registration days & times are available through appointment only.

Family Enrollment Fee: Before School \$7.50; After School \$12; Before & After School \$18.50 per family  
**Family Enrollment Fee is non-refundable, however it is applied towards the first weekly fee.**  
For further information, call 874-5155.



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Egg sandwich with choice of meat	\$2.50
Pancakes	\$3.50
French Toast	\$3.50
Sunrise Special 2 Eggs with Choice of Meat (Ham, Sausage or Bacon) Hash browns or Grits... Toast or Biscuit Coffee, Soda or Tea	\$3.75
Good Morning Special Three Egg Omelet with choice of 2 filling (2 meats extra) American Cheese, Swiss Cheese, Pepper jack Cheese, Provolone Cheese, Green Pepper, Onion, Mushroom, Tomato, Ham, or Bacon, or Sausage... Hash browns, or Grits... Toast or Biscuit	\$4.25
Western Omelet Hash browns or Grits... Toast or Biscuit Coffee, Soda or Tea	\$5.50

All Breakfast choices come  
with your choice of  
sausage, bacon or ham.

### Lunch

Hot Dog	\$2.00	Combo
Hamburger	\$3.25	\$4.50
Cheeseburger	\$3.50	\$4.75
Chicken breast	\$3.50	\$4.75
Chicken Philly	\$4.25	\$5.50
Beef Philly	\$4.25	\$5.50
Club Sandwich	\$4.00	\$5.25
French Fries	\$1.00	\$1.00
Onion Rings	\$1.50	\$1.50
Combo includes French Fries and drink		



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**Thursday, July 27**  
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**Friday, July 28**  
Fried Catfish or Shrimp

**Monday, July 31**  
Meatball Sub

**Tuesday, August 1**  
Taco Salad

**Wednesday, August 2**  
BBQ pork

**Thursday, August 3**  
Reuben Sandwich

**Friday, August 4**  
Fried Catfish or Shrimp

### Employment opportunities

BULLETIN NO: 06-06  
TITLE: Recreational Aide  
POSTING DATE: 06 July 06  
CLOSING DATE: Open Until Filled  
SALARY: \$7.00  
CATEGORY: Flexible (10 Positions)  
GRADE AND JOB NUMBER: NF-0189-01  
DEPARTMENT: Southside Grill  
HOURS: Various  
AREA OF CONSIDERATION: Open

MAJOR DUTIES AND RESPONSIBILITIES:  
The incumbent of this job serves as cashier for the Southside Grill. Incumbent takes orders, collects payment and issues orders to customers in a fast food environment. Incumbent operates cash register and is responsible for change fund accountability. May operate a drive thru window. Cleans scrubs, wipes or washes service equipment such as counters and service lines.

Knowledge, Skills, and Abilities: No specific education is required. Previous cash handling experience is desired.

BULLETIN NO: 06-06  
TITLE: Food Service Worker  
POSTING DATE: 06 July 06  
CLOSING DATE: Open Until Filled  
SALARY: \$7.07 - \$8.27  
CATEGORY: Flexible (10 Positions)  
GRADE AND JOB NUMBER: NA-7408-02  
DEPARTMENT: Southside Grill  
HOURS: Various  
AREA OF CONSIDERATION: Open

MAJOR DUTIES AND RESPONSIBILITIES: The incumbent of this job is responsible for performing a variety of preparation and cooking of pre-packaged food items in a fast food environment. Prepares food with standardized production line like routine using kitchen equipment that is highly automated. Prepares food using pre-measured or standardized amounts of ingredients and condiments. Cleans scrubs, wipes or washes service equipment such as work tables and refrigerators.

Knowledge, Skills, and Abilities: No specific education is required. Previous food handling experience is desired. Must have aptitude and potential for performing repetitive and routine tasks with average speed and agility.

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# Morale, Welfare and Recreation

## Looking for summer fun? Stop by ITT!

For more information or tickets stop by Information, Tickets and Travel Office, in the Helmsman Complex Bldg. S-760 Navy Mid- South or call (901) 874-5652/5455, 1-800-779-4252.



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**Comedy Tennessee update**  
Comedy Tennessee is now located at Sammy's Creole Cafe - 6102 Macon Road. Comedy performances held Thursday through Sunday at 8:15 p.m. as well as Friday and Saturdays at 10:30 p.m. Wednesdays are "Open Mic Night." Please note that Friday and Saturday 8:15 p.m. shows are nonsmoking. Also note there is a 2 item minimum - The lowest minimum is \$4 which is \$2 for soda, tea or coffee and \$2 popcorn (free refills on both.) Café features full Creole/American menu with great appetizers, platters, sandwiches, burgers, po-boys, desserts and more. A full bar is available.  
**Admission ticket prices are as follows:**  
**Ticket #1 - Wed, Thu, Fri and Sun shows - ITT price \$4.75 (reg. \$10)**  
**Ticket #2 - Saturday night shows - ITT price \$7.50 (reg. \$13.)**



**Nashville Shores:** 8 huge water slides, Tropical Suntan Lagoon, The Wacky Pond, The Aqua Park, Paddle Boat Rides, miniature golf, and white sandy beaches. Nashville Shores has plenty of Wet & Dry activities and fun for all ages. ITT discount tickets: \$16 Buy One Get One Free! Regular price: \$23.98 each

	ITT Price	At the Gate
Six Flags St. Louis	\$28.00	\$48.50
Six Flags Over Georgia	\$30.00	\$53.00
White Water	\$25.00	\$36.50
Six Flags Fiesta Texas	\$28.00	\$50.81

**Magic Springs** \$26.00 \$41.98  
(Free to Active Duty with picture ID)



ITT Day Trip Saturday, Nov. 11  
46th Annual Christmas Village  
Nashville, TN  
Tennessee State Fairgrounds

### Beat the heat with cool thoughts and reserve a seat for ITT's holiday shopping trip

ITT is going holiday shopping! Not, now... in November! But, we have begun spreading the word now because our Christmas Village Day Trip is so popular our patrons have been asking to reserve a seat on the bus for weeks. So, in our ongoing quest to please our patrons, we picked a date and planned our Annual ITT Day Trip to Christmas Village for Saturday, November 11. For some of our patrons, who love to shop for Christmas decorations and gifts, this will be their third or fourth shopping trip with us! As you might expect this trip is popular with the "gals" but it has also proven to be a great day trip for shopping "buddies" and anyone who would rather spend time on the road relaxing or socializing and

leaving the driving to someone else. **Trip details and Itinerary:** Our trip will depart Navy Mid-South at 7 a.m. Arrive Nashville Fairgrounds at approximately 10:30 a.m. That gives everyone a full 6 hours to "Shop till they drop!" before it's time for the bus to depart the Fairgrounds at 5 p.m. A dinner stop (dutch-treat) is scheduled during the course of the return trip to Navy Mid-South. Our plans are to arrive back at Navy Mid-South around 8 p.m. The cost (\$22.50 per person) includes: your ticket, transportation, sodas and water. Children ages 9 and younger can ride free. Deadline to sign up is Nov. 3. But, don't wait too late. Remember, this trip is popular and seating is limited!

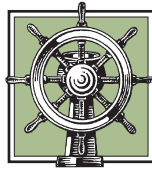
**Do you want to get out and play Golf, but don't have anyone play with?**

**Well that's not a problem during Glen Eagle's Ladies Tuesday Evening Golf**

Ladies of all skill levels are welcome to enjoy Tuesday evenings on the links. Every Tuesday at 5 p.m.  
Cost: \$10 for 9 holes (includes cart)  
For more information call (901) 874-5168.



## ... Dining...



*at the*  
**HELMSMAN COMPLEX**

Bldg. S-760 Navy Mid-South....for information call 874-5132

**Join us for lunch and more!**  
**Lunch served 10:30 a.m.-1 p.m.**  
**Monday - Friday**

(See calendar below for daily buffet entree menu.)

**\$5<sup>25</sup> Value Spotlight**

**Daily Plate Lunch special**

Your choice of one of the entree items from the buffet, one starch, one vegetable and a side salad or cup of soup with rolls plated from the buffet selections by your server.



**Call 874-5356**  
**and get it "to go"!**

### July A-La-Carte Lunch Specials

#1 Chicken or Tuna Salad .....	\$ 5.25
#2 Mandarin Chicken Salad .....	\$ 5.00
#3 Hamburger Club .....	\$ 5.00
#4 Chicken Philly Sub .....	\$ 5.25

## Mongolian BBQ

**Saturday, August 5**  
**and Friday, August 25**  
**5 - 8 p.m.**

An array of meats, vegetables and sauces cooked to your liking served with rice and rolls. Choose ... turkey, pork, beef, shrimp, green cabbage, bean sprouts, water chestnuts, celery, red/green and white onions, bamboo shoots, snow peas, carrots, mushrooms, pineapple and jalapeno peppers.

**Cost: 60 cents per oz.**

## SUNDAY CHAMPAGNE BRUNCH

August 20, 11 a.m.- 1:30 p.m.

Menu includes  
carved top round of beef au jus, Tennessee pit smoked ham, southern fried chicken, mashed potatoes with gravy, candied yams, green beans, corn Obrien, eggs cooked to order, sausage, bacon, grits, hash browns, French toast, biscuits, rolls, coffee, tea, orange juice, and champagne.

**Adults \$8.95**  
**Children age 5-10 half price**  
**Children under 5 eat free**

## IN THE COMING WEEK!

## JULY 27- AUGUST 5, 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Enjoy a FREE picture show</b> in our 36-seat movie theater. Popcorn and snacks available. All shows start at 7 p.m. unless otherwise specified.  <i>Ellison Recreation Center is open to active duty, retired, reserve military members, DoD employees and their family members. Patrons must be 18 years or older to attend.</i>	<b>Helmsman Lunch Buffet 31</b> BBQ Ribs BBQ Chicken  <b>New! Yoga Class</b> Every Monday and Wednesday 5:30 p.m.-6:30 p.m. at Joe Dugger  <b>Group Fitness</b> Classes are offered Monday-Saturday at Joe Dugger Call 874-5497 for information  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Title to be announced</i>	<b>Helmsman Lunch Buffet 1</b> Roasted Pork Loin Roasted Chicken  <b>Glen Eagle's Ladies Tuesday</b> Evening Golf Every Tuesday starts at 5 p.m. Cost: \$10  <b>BINGO</b> 4-10 p.m. Bingo Hall!  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Title to be announced</i>	<b>Helmsman Lunch Buffet 2</b> Southern Fried Chicken Liver and Onions  <b>New! Yoga Class</b> Every Monday and Wednesday 5:30 p.m.-6:30 p.m. at Joe Dugger  <b>Family Recreation Night</b> 5:30-7 p.m. at Youth Center Call 874-5155 for details!  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Title to be announced</i>	<b>Helmsman Lunch Buffet 3</b> Roast Beef Pit Smoked Ham  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Larry the Cable Guy: Health Inspector -PG 13</i>	<b>Helmsman Lunch Buffet 28</b> Fried Catfish BBQ Pork  <b>TEXAS HOLD 'EM POKER</b> Every Friday Sign in begins at 5 p.m. 1st session of play begins at 6 p.m. 2nd session of play begins at 9 p.m.  <b>BINGO</b> 4-10 p.m. Bingo Hall!  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Lucky Number Slewin - R</i>	<b>Ballet, Jazz and Tap Class 29</b> every Sat. 8 a.m.-12 p.m. at the Conference Center   <b>FAMILY MOVIE DAY!</b> Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) <i>Home Alone 2 - PG</i>  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Scary Movie 4 - PG 13</i>
<b>30</b>  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Title to be announced</i>	<b>Helmsman Lunch Buffet 31</b> BBQ Ribs BBQ Chicken  <b>New! Yoga Class</b> Every Monday and Wednesday 5:30 p.m.-6:30 p.m. at Joe Dugger  <b>Group Fitness</b> Classes are offered Monday-Saturday at Joe Dugger Call 874-5497 for information  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Title to be announced</i>	<b>Helmsman Lunch Buffet 1</b> Roasted Pork Loin Roasted Chicken  <b>Glen Eagle's Ladies Tuesday</b> Evening Golf Every Tuesday starts at 5 p.m. Cost: \$10  <b>BINGO</b> 4-10 p.m. Bingo Hall!  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Title to be announced</i>	<b>Helmsman Lunch Buffet 2</b> Southern Fried Chicken Liver and Onions  <b>New! Yoga Class</b> Every Monday and Wednesday 5:30 p.m.-6:30 p.m. at Joe Dugger  <b>Family Recreation Night</b> 5:30-7 p.m. at Youth Center Call 874-5155 for details!  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Title to be announced</i>	<b>Helmsman Lunch Buffet 3</b> Roast Beef Pit Smoked Ham  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Title to be announced</i>	<b>Helmsman Lunch Buffet 4</b> Fried Catfish Fried Shrimp  <b>TEXAS HOLD 'EM POKER</b> Every Friday Sign in begins at 5 p.m. 1st session of play begins at 6 p.m. 2nd session of play begins at 9 p.m.  <b>BINGO</b> 4-10 p.m. Bingo Hall!  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Title to be announced</i>	<b>Ballet, Jazz and Tap Class 5</b> every Sat. 8 a.m.-12 p.m. at the Conference Center   <b>FAMILY MOVIE DAY!</b> Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) <i>Title to be announced</i>  <b>Free Movie 7 p.m.</b> at the Ellison Rec. Center <i>Title to be announced</i>

# MCPON makes first visit to senior enlisted academy

By MC1 (SW) BRANDAN W. SCHULZE  
MASTER CHIEF PETTY OFFICER  
OF THE NAVY PUBLIC AFFAIRS

In his first official trip as master chief petty officer of the Navy, MCPON (SW/FMF) Joe R. Campa Jr. visited the Senior Enlisted Academy and Class 125 on July 12.

During his visit, he discussed topics ranging from an emphasis on the chief petty officers (CPO) core competencies, the importance of senior enlisted education, and a primary focus on leadership. "Above all else, I want the CPO mess to be known as leaders," said Campa.

"The most important job you have as a chief petty officer is to lead." With leadership as the pillar of the CPO core competencies, the MCPON also touched on the importance of one of the other competencies - the development of enlisted and junior officer sailors.

"Just as you look at the junior enlisted sailors and the impact you have on their successes, the same holds true for the development of junior officers," he said. "Your effectiveness as a chief petty officer is measured by the success of those you are charged with leading and developing."

As the MCPON talked about the importance of strong leadership, he

also wanted his fellow chief petty officers to seek the education required for the hybrid, adaptable sailor of the 21st century.

Through a culture of learning and education, sailors will be able to further develop their leadership ability, critical thinking skills, as well as achieve a higher level of creativity, ingenuity, and resourcefulness necessary for the future.

"Education and experience are a powerful combination," Campa said. He followed by noting that there is a tremendous amount of untapped potential within the junior ranks of the Navy, and the significance of tapping that potential in the future development of sailors. To emphasize the potential, he pointed out the accomplishments of sailors currently operating in support of the global war on terrorism.

"I applaud them in how well they work together and the mission we're able to accomplish day in and day out," he said. "I feel extremely honored and privileged to serve our sailors and the Navy."

Campa concluded with his expectations of the CPO community, as well as his emphasis on leadership. "The chief of naval operations says that chiefs run the Navy," concluded Campa. "Well I'm going to do everything I can to ensure we live up to that responsibility."

## HEAT WAVE

Memphis broke a record for high temperatures on July 20, and MLGW broke its record for peak electric demand, as well. The new all-time record electric demand placed on the system reached 3,395.8 megawatts July 19, breaking the previous record set on August 19, 2005, by 5.8 megawatts. One megawatt powers 500 to 1,000 homes at any given moment. (Photo by Art Frith)

# Navy Exchanges now offer innovative fuel alternatives

By KRISTINE M. STURKIE  
NAVY EXCHANGE SERVICE COMMAND PUBLIC AFFAIRS

The Navy Exchange Service Command (NEXCOM), through coordination with the Regional Transportation Office, has opened two new biodiesel fuel pumps at NEX gas stations at Naval Station Norfolk and Naval Air Station Oceana, Va.

The two Biodiesel 20 (B20) pumps, which opened for business June 6 and June 19, respectively, are open seven days a week, offering the fuel for sale to the fleet and the general public. "The biodiesel pumps are a continuation of NEXCOM's efforts to

help the Department of Defense and Navy meet its objective of reducing reliance on petroleum and helps us meet the requirements of Executive Order 13149," said Larry Boone, NEXCOM's automotive program manager. "The order ensures the Federal government exercises leadership in the reduction of petroleum consumption through improvements in fleet fuel efficiency and the use of alternative fuels. The Navy Exchange is a leader in offering these fuel alternatives. Through this initiative, we are meeting and exceeding both our customers' and the Navy's expectations."

B20 fuel is manufactured from

biodegradable substances such as vegetable oils, recycled cooking grease or animal fats. The B20 fuel offered at Navy Exchange CITGO gas stations is soy-based and made from a mixture of 20 percent biodiesel and 80 percent regular petroleum-based diesel. "Any diesel engine can use biodiesel fuel," said Boone. "It doesn't need converting. However, check your car's owner's manual or consult your car manufacturer about biodiesel blends when considering the use of biodiesel."

While biodiesel costs a little more at the pump, it is ultimately better for the environment and reduces the country's dependency on petroleum. When used on a

wide scale, biodiesel fuel would essentially cut down petroleum usage by 20 percent, a marked decrease.

The Navy Exchange also operates alternative fuels at NEX Quarters K near the Pentagon, NEX Jacksonville, Fla., and NEX Mayport, Fla. These facilities offer alternative fuels to anyone who can enter the base. Even though the Navy Exchange restricts shopping privileges to only active duty, retirees and their family members, the Armed Service Exchange Regulations (ASER) grants military exchanges the authority to sell alternative fuels to the public in unison with the government's lead on the use of alternative fuels.

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Heel treatment with skin cream Infusion
- Laser: Small area hair removal with Coolglide laser  
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